

THIS IS ME

the unfiltered truth!



National Eating Disorders Awareness Week:
February 25 – March 3, 2019

Social media users are frequently bombarded with messages from so-called successful “models” promoting diet culture, unrealistic body standards and the pressure to hide or disguise what we view as our unacceptable true selves. As a society, we must work together to discern truth from the media’s false standards of perfection.

Wednesday, February 27, 2019
7:00 pm - 8:00 pm (during MFG)

The Renfrew Center of Bethesda

4719 Hampden Lane, Suite 100 • Bethesda, MD 20814



To register, please visit www.renfrewcenter.com or contact
Paige Brown at pbrown@renfrewcenter.com.

JOIN US FOR AN INTERACTIVE EVENT!

- Hear from Renfrew alumni and supports as they share their own personal stories of truth
- Explore the messages you receive about how you should look, act and feel
- Debunk the diet culture’s lies and promises
- Discuss the impact social media has on our body image and self-worth
- Identify positive influencers that will enhance our pride, respect and self-compassion for our authentic selves

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